

# LINDSAY YOUNG DT YMCA GROUP EXERCISE *Schedule* OCTOBER 2026

[www.ymcaetn.org](http://www.ymcaetn.org)

STRONGER  
TOGETHER.  
BETTER  
EVERY DAY. ♥

## MONDAY

-  **6:00am**  
SPIN  
Muna (SR)
-  **7:00am**  
YOGA  
Alex (YS)
-  **11:00am**  
ULTIMATE FIT  
Julie (A)
-  **12:00pm**  
SPIN  
Austin (SR)
-  **12:00pm**  
MOBILITY & STRETCH  
Kendalyne (GX)
-  **12:15pm**  
YOGA  
Hanna (YS)
-  **5:30pm**  
CARDIO BLAST  
Darryl (GX)
-  **5:45pm**  
SPIN  
Brittney (SR)
-  **6:30pm**  
PILATES  
Rachel (GX)
-  **6:30pm**  
YOGA  
Sheema (YS)

## TUESDAY

-  **5:45am**  
BODY PUMP™  
Muna (GX)
-  **10:00am**  
WATER AEROBICS  
Richard (P)
-  **11:30am**  
BODY PUMP™  
Lo (GX)
-  **12:00pm**  
ULTIMATE FIT  
Julie (A)
-  **5:30pm**  
BODY PUMP™  
Mark (GX)
-  **6:00pm**  
YOGA  
René (YS)

## WEDNESDAY

-  **6:00am**  
SPIN  
Muna (SR)
-  **7:30am** **NEW**  
YOGA  
Alex (YS)
-  **12:00pm**  
SPIN  
Kendalyne (SR)
-  **12:15pm**  
KICKBOXING  
Julie (GX)
-  **1:30pm**  
TOTAL BODY  
Julie (GX)
-  **5:30pm**  
SPIN  
Fawn (SR)
-  **5:30pm**  
YOGA  
Jamie (YS)

## THURSDAY

-  **5:45am**  
BODY PUMP™  
HEAVY  
Muna (GX)
-  **10:00am**  
WATER AEROBICS  
Richard (P)
-  **11:30am** **NEW**  
BODY PUMP™  
Lo (GX)
-  **12:00pm**  
ULTIMATE FIT  
Julie (A)
-  **12:30pm**  
BODY BALANCE  
Neeley (YS)  
55 min.
-  **5:30pm**  
BODY PUMP™  
Mark (GX)
-  **6:35pm**  
YOGA  
Becky (YS)

## FRIDAY

-  **12:00pm**  
SPIN  
Austin (SR)
-  **12:15pm**  
YOGA  
Hanna (YS)
-  **12:15pm**  
ULTIMATE FIT  
Sarah (A)

## SATURDAY

-  **9:15am**  
SPIN  
Jorge (SR)
-  **9:45am**  
YOGA  
Becky (YS)  
90 minutes
-  **11:00am**  
BODY PUMP™  
Mark (GX)

### CLASSROOM KEY



Schedules are subject to change.



# LINDSAY YOUNG DT YMCA

## GROUP EXERCISE

### CLASS DESCRIPTIONS



#### BODY BALANCE

A yoga-based group fitness class that blends yoga, Tai Chi, and Pilates to build strength and support mental well-being. Designed to be accessible to all levels and offers numerous benefits.

#### PILATES

Stretch and tone muscles while enhancing posture, muscle balance, muscle tone, flexibility, and mind-body control. (45–60 min.)

#### BODY PUMP™

A Les Mills favorite, Body Pump™ is a total-body strength workout that shapes and tones all major muscle groups, increases core strength, supports bone health, and leaves you feeling strong and fit. (60 min.)

#### SPIN

A group exercise class using stationary spin cycles. Geared toward an intermediate rider who wants a great cardio and leg workout.

#### BODY PUMP HEAVY™

A 45-minute group fitness class that replaces traditional high-rep, light-weight endurance training with slow-tempo, heavy lifting.

#### TOTAL BODY

Designed to strengthen and tone all muscle groups. Bands, hand weights, steps, and other equipment may be used. Great for beginners and advanced participants. (45 min.)

#### CARDIO BLAST

A full cardio class with variety! May include elements of Step, HIIT, Kickboxing, Circuit Training, and other cardio exercises.

#### ULTIMATE FIT

High-intensity functional and non-conventional training class using unique exercises and techniques to take your endurance and strength to the next level.

#### KICKBOXING

Designed to maintain an increased heart rate while fine-tuning martial-arts-style kicks and punches. Drills and short combinations included.

#### WATER AEROBICS

A water-based class for all fitness levels featuring cardio and strength training. You do not have to know how to swim to take this class.

#### MOBILITY & STRETCH

This class will help you improve balance, flexibility, and range of motion.

#### YOGA

Slow, controlled movements and deep stretches are used to release tension and develop flexibility and strength.

#### MOWL SPIN

MOWL® Intelligent Training brings video entertainment, visual motivation, and personal progress options to enhance your indoor cycling experience. Riders can choose their level of involvement by using the app for ride data or simply attending class and following the instructor. (45 min.)